

WHAT IS CLAIMED IS:

1. A golf swing training device comprising:
 - a grip including a grip bore;
 - a shaft including a shaft bore;
- 5 a tension cord received within the grip bore and the shaft bore;
 - a first securing device configured to prevent the tension cord from slipping out of the grip bore and the shaft bore;
 - a second securing device configured to prevent the tension cord from slipping out of the grip bore and the shaft bore, wherein the second securing device creates
- 10 tension on the tension cord by restricting movement of the training device.
2. The training device according to claim 1, wherein the second securing device comprises a clasp that attaches to a free-standing pole.
- 15 3. The training device according to claim 1, wherein the second securing device comprises a clasp that attaches to a wall.
4. The training device according to claim 2, wherein the clasp is a D-ring.
- 20 5. The training device according to claim 3, wherein the clasp is a D-ring.

6. The training device according to claim 1, wherein the second securing device comprises a ball that is larger in diameter than an opening that is created when a door is in an open position.

5 7. The training device according to claim 6, wherein the ball is manufactured from wood.

8. The training device according to claim 1, wherein the second securing device is a block that is larger than an opening that is created when a door is in an open
10 position.

9. A golf swing training device comprising:

a grip including a grip bore;

a tension cord received within the grip bore;

15 a first securing device configured to prevent the tension cord from slipping out of the grip bore;

a second securing device configured to prevent the tension cord from slipping out of the grip bore, wherein the second securing device creates tension on the tension cord by restricting movement of the training device.

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10. The training device according to claim 9, wherein the second securing device comprises a clasp that attaches to a free-standing pole.

11. The training device according to claim 9, wherein the second securing device comprises a clasp that attaches to a wall.

5 12. The training device according to claim 11, wherein the clasp is a D-ring.

13. The training device according to claim 11, wherein the clasp is a D-ring.

14. The training device according to claim 9, wherein the second securing device
10 comprises a ball that is larger in diameter than an opening that is created when a door is in an open position.

15. The training device according to claim 14, wherein the ball is manufactured from wood.

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16. The training device according to claim 9, wherein the second securing device is a block that is larger than an opening that is created when a door is in an open position.

20 17. A golf swing training device comprising:

a grip including a grip bore;

a shaft including a shaft bore;

- a tension cord received within the grip bore and the shaft bore;
 - a first securing device configured to prevent the tension cord from slipping out of the grip bore and the shaft bore;
 - a second securing device configured to prevent the tension cord from slipping out of the grip bore and the shaft bore, wherein the second securing device creates tension on the tension cord by restricting movement of the training device and is configured to be received within an opening formed in an open door.
18. The training device according to claim 17, wherein the second securing device comprises a ball that is larger in diameter than the opening.
19. The training device according to claim 18, wherein the ball is manufactured from wood.
- 15 20. The training device according to claim 17, wherein the second securing device is a block that is larger than the opening.